

Variable	Mean	Standard deviation	Minimum	Maximum
Age	34.5	10.2	20	55
Gender	Male	Female		
Marital status	Married	Single		
Education	High school	College		
Occupation	Manager	Worker		
Income	Low	High		
Health status	Good	Poor		
Smoking status	Smoker	Non-smoker		
Alcohol consumption	Regular	Occasional		
Exercise frequency	High	Low		
Stress level	High	Low		
Sleep quality	Good	Poor		
Dietary habits	Healthy	Unhealthy		
Family size	Small	Large		
Work-life balance	Good	Poor		
Life satisfaction	High	Low		
Overall well-being	Good	Poor		

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